

Outpatient hysteroscopy

Gynaecology department

If you need this leaflet
in another format, eg.
large print or a different
language, please ask a
member of staff.

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If you require further information
please contact:

Gynae Fast Track Clinic

Tuesday to Friday
01935 384 454
07557 313 816

Colposcopy team

Monday to Thursday
01935 384 622

Jasmine Ward

Weekends and evenings
01935 384 385

01935 475 122
yeovilhospital.nhs.uk

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 **Yeovil Hospital**
Healthcare

What to do before?

You may have a light meal before you arrive. It is preferable for you to take two tablets of your usual brand of pain relief (Ibuprofen / Paracetamol) one to two hours before your appointment, this may alleviate any discomfort before and after the procedure. You can buy these over the counter.

It is also preferable for you to bring someone along with you, although this is not mandatory

What is hysteroscopy

Hysteroscopy is the technique of inspecting the cavity of the uterus (womb) under direct vision. This is done by using a hysteroscope (small telescope) which is inserted via the vagina and cervix (neck of the womb).

Attachment of a small video camera to the telescope allows monitoring on a television screen. The procedure itself is not particularly uncomfortable but a local anaesthetic may be used.

At the end of the hysteroscopy, we often take a small piece of tissue from the lining of the womb for examination.

Altogether, the procedure should not take more than ten minutes. However, we give you a longer appointment to allow us to talk with you before and after the procedure.

You may eat and drink as normal prior to your appointment.

At the end of your appointments the doctor will give you:

- The results of the tests performed (except the results of any biopsies)
- Advice and any recommendations for treatment

Sometimes the doctor is unable to perform this procedure under local anaesthetic and he/she will arrange for it to be performed at a later date under general anaesthetic.

You may also choose to have it performed under general anaesthetic, the risks of which will be explained to you.

What happens afterwards?

We like you to sit in the Day Room for at least a 15 minutes before leaving. A cup of tea, coffee or a cold drink will be available.

Slight bleeding after the hysteroscopy is normal and you may have to wear a pad (not tampon) for a day or two. It is advisable to be driven home and rest for the remainder of the day.

Complications

Complications after this type of operation are unusual. However, do get in touch with your own GP if you have any of the following:

- Prolonged heavy bleeding
- Passing clots
- An offensive discharge
- Fever
- Severe pain

Appointments

If you cannot keep your appointment, or if you are going to be late, please telephone the Colposcopy Unit Administrator on 01935 384 622.

Any further appointment will be posted to you.